

FEBRUARY 2025

# Stepping Forward With Goals

By breaking goals into smaller, manageable steps, they may be easier to achieve. If you want to make a change, think about a step-by-step plan and celebrate your small wins along the way.

## LET US HELP

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](https://mygroup.com) > Current Participants > Resources > Access Work-Life Services

**USERNAME:** organization-specific

**PASSWORD:** organization-specific

YOUR EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

